

TESTED RECIPES

Presented by
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GOOD~WILL

There is not half enough good-will in the world. We are all proud of our country and of our city, yet human nature is such that we are quick to criticize and slow to commend. Suppose, in place of this attitude, we try the good-will plan, good will to our country, to our city, to our fellow-workers, to all with whom we come in contact, and see how many opportunities we can find to speak a good word about some enterprise or work that someone else is doing. Let us resolve to lend a helping hand and thus give encouragement, rather than discouragement by our thoughtless criticism. We'll soon have an entirely different outlook on life and a much finer fellowship without associates.

There will never be any lasting peace in the world until there is more genuine good-will among all peoples—and that in spite of whatever the "United Nations Plan" finally develops into. We live in a world of shortcomings and shortsightedness, but we still have to get along with other people if we are to have peace and decency in our own lives. In spite of our shortcomings and shortsightedness, we must recognize that modern inventions have shortened the distances between countries of the world and that today all nations of the world are within easy reach of each other.

As our sons and brothers served together in far-flung battlefields of the world against the enemies of freedom and decency, surely we at home can live together in the spirit of amity and co-operation, of understanding and forbearance. Simple, ordinary human kindness is the antidote for suspicion and cynicism.

If we will it so, we can all exhibit the spirit of amity in our day-to-day relations with all those with whom we come in contact. In that way we can make our contributions toward putting down the spirit of intolerance and bitterness. It is good-will alone that can undergird and give effect to plans for a durable peace.

Too many of us, individuals, families, communities, states and nations are envious of the other fellow's accomplishments, too critical of his motives and too downright cussed, or hard-headed to admit our own faults and commend the other fellow's virtues. We all have "Skeletons in our closets" so let's be more charitable with others.

"WARD COLLIER."

Show us a man how believes that More Abundant Life can be achieved by revolution and we will show you a guy who:

1. Is looking for a fat job on the government payroll.
2. Blames his personal failures on the present system.
3. Thinks that Russia is a paradise.
4. Travels to obscure movie theatres to see foreign films.
5. Reads books and magazines in which the word ideology appears on every page.
6. Lets his dependents shift for themselves.
7. Wears a dirty hat and unshined shoes.
8. Treats inferiors with contempt.
9. Awaits the day when HE can make people bow to HIM.

11 HINTS ON BREAD BAKING

1. WARM THE FLOUR BEFORE USING. This is important because it gives the yeast a better chance.
2. MAKE A SMOOTH STIFF DOUGH.
3. WORK THE DOUGH very thoroughly until smooth.
4. SET THE DOUGH WHERE THE TEMPERATURE IS EVEN AND WARM.
5. SUGAR STARTS THE FERMENTATION AND HELPS THE YEAST DO ITS WORK.
6. SALT HOLDS THE FERMENTATION IN CHECK SO THAT THE DOUGH DOES NOT BECOME WORKED OUT.
7. KNEAD THE DOUGH WELL. Let stand until double in size, then knead again.
8. HAVE THE OVEN HOT WHEN YOU PUT IN THE DOUGH. BREAD SHOULD NOT BROWN FOR THE FIRSTS 10 MINUTES, AND THEN ONLY SLOWLY.
9. ALWAYS MAKE SURE THAT YOUR YEAST IS FRESH.
10. BUTTER, SHORTENING OR SALAD OIL ADDS TO THE FLAVOR.
11. ALWAYS USE "GOLDEN BELL" OR "SILVER BELL" FLOUR FOR THE BEST TEXTURE, FLAVOR AND NUTRITIVE QUALITIES IN YOUR BREAD.

BASIC "HOME-MADE" WHITE BREAD

1 cup milk
2 tablespoons sugar
2 teaspoons salt
1 tablespoon shortening, butter or salad oil

1 cup water
1 cake fresh yeast
2 tablespoons lukewarm water
6 cups "Golden Bell" or "Silver Bell" flour

Scald milk; add sugar, salt and shortening (or butter or salad oil); stir until dissolved. Add 1 cup water; cool to lukewarm. Dissolve yeast in lukewarm water; add to first mixture. Gradually add "BELL" flour, mixing to smooth stiff dough. Knead on lightly floured board until smooth and satiny. Shape into ball; place in greased bowl. Cover; let rise in warm place until double in bulk. Knead; divide in half. Shape each half into ball; cover; let stand 10-15 minutes. Mold each half into loaf; place in greased loaf pan $8\frac{1}{2}$ by $4\frac{1}{2}$ by $2\frac{1}{2}$ inches. Cover; let rise in warm place until double in bulk. Bake in hot oven (400F) 40-45 minutes. Remove from pan; cool on wire rack. Makes two 1-lb. loaves that will be a treat for the whole family.

PAN ROLLS: Follow recipe for Basic White Bread, shaping dough into $1\frac{1}{2}$ -inch balls after first rising. Place close together in two greased pans 8 by 8 by 2 inches. Cover; let rise in warm place until double in bulk. Bake in very hot oven (450F.) 20-25 minutes. Serve hot.

"HOME-MADE" WHOLE WHEAT BREAD

- | | |
|---------------------------------------|---------------------------------|
| 1 cup milk | 1 cake fresh yeast |
| 3 tablespoons liquid honey | 1 cup lukewarm water |
| 2½ teaspoons salt | 5 cups "Bell" whole-wheat flour |
| 2 tablespoons shortening or salad oil | |

Scald milk; add honey, salt and shortening; stir until dissolved. Cool to lukewarm. Dissolve yeast in lukewarm water; add to first mixture. Gradually add flour, mix into a smooth stiff dough. Knead on lightly floured board until smooth and satiny. Shape into ball; place in greased bowl. Cover; let rise in warm place until double in bulk. Knead; divide in half. Shape each half into ball; cover; let stand 10-15 minutes. Mold each half into loaf; place in greased loaf pans 8½ by 4½ by 2½ inches. Cover; let rise in warm place until double in bulk. Bake in moderately hot oven (375F.) 1 hour. Remove from pans; cool on wire rack. Makes two 1-lb. loaves.

PLAIN MUFFINS

- | | |
|----------------------------|--------------------------------------|
| 2 cups "Golden Bell" flour | 1 egg |
| 2 tablespoons sugar | 1 cup milk |
| 3 teaspoons baking powder | ¼ cup melted shortening or salad oil |
| ½ teaspoon salt | |

Sift together flour, sugar, baking powder and salt. Beat egg; add milk and shortening or salad oil. Add to dry ingredients, stirring just enough to moisten. Fill greased muffin pans two-thirds full. Bake in hot oven (400F.) 25 minutes. Serve hot. Makes 12.

DATE CHEESE MUFFINS

Follow recipe for Plain Muffins, adding ¼ cup grated American cheese and finely chopped pitted dates to batter.

RICH MUFFINS

- | | |
|----------------------------|---------------------------|
| ¼ cup shortening | 3 teaspoons baking powder |
| 1/3 cup sugar | 1 teaspoon salt |
| 2 eggs | 2/3 cup milk |
| 2 cups "Golden Bell" flour | |

Cream together shortening and sugar. Beat eggs; add. Sift together flour, baking powder and salt; add alternately with milk to creamed mixture. Fill greased muffin pans two-thirds full. Bake in hot oven (400F.) 25 minutes. Serve hot. Makes 12.

APRICOT TEA MUFFINS

Follow recipe for Rich Muffins, placing in each section of greased muffin pans 1 cooked dried apricot, cut side up, 1 teaspoon brown sugar and $\frac{1}{2}$ teaspoon melted butter or margarine before filling with batter.

ORANGE MARMALADE MUFFINS

Follow recipe for Rich Muffins, filling greased muffin pans one-third full. Place 1 teaspoon orange marmalade in each section. Add remaining batter.

SPICED APPLE MUFFINS

2 $\frac{1}{4}$ cups "Golden Bell" flour	$\frac{1}{2}$ cup granulated sugar
$\frac{1}{2}$ teaspoon salt	1 egg
3 $\frac{1}{2}$ teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon ground cinnamon	4 tablespoons melted butter or shortening
$\frac{1}{4}$ teaspoon ground cloves	1 cup prepared apples
$\frac{1}{4}$ teaspoon ground nutmeg	
$\frac{1}{4}$ teaspoon ground allspice	

To prepare apples, peel, core, then dice and measure 1 cup of diced apple meat. Sift flour, measure it, then mix and sift flour, salt, baking powder, sugar and spices, twice. Beat egg until light, adding the milk and melted fat. Add to dry ingredients, beating only long enough to blend well. Add prepared apples, folding in. Pour into well greased muffin pans, filling not more than $\frac{3}{4}$ full. Bake in a hot oven (400F.) for 20 to 25 minutes.

DOUGHNUT MUFFINS

1 $\frac{1}{2}$ tablespoons shortening	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
1 egg	Melted butter or margarine
2 cups "Golden Bell" flour	Confectioner's sugar
2 teaspoons baking powder	Mixed sugar and cinnamon
$\frac{1}{2}$ teaspoon salt	

Cream together shortening and sugar. Add egg; beat well. Sift together flour, baking powder, salt and nutmeg; add alternately with milk to creamed mixture. Fill greased small muffin pans two-thirds full. Bake in hot oven (400F.) 20-25 minutes. Dip in melted butter. Roll half in confectionery sugar and half in cinnamon mixture. Serve hot.

GOLDEN WAFFLES

2 cups "Golden Bell" flour	2 egg yolks
3 teaspoons baking powder	1 $\frac{1}{4}$ cups milk
$\frac{1}{4}$ teaspoon salt	6 tablespoons melted shortening or salad oil
2 tablespoons sugar	
2 egg whites	

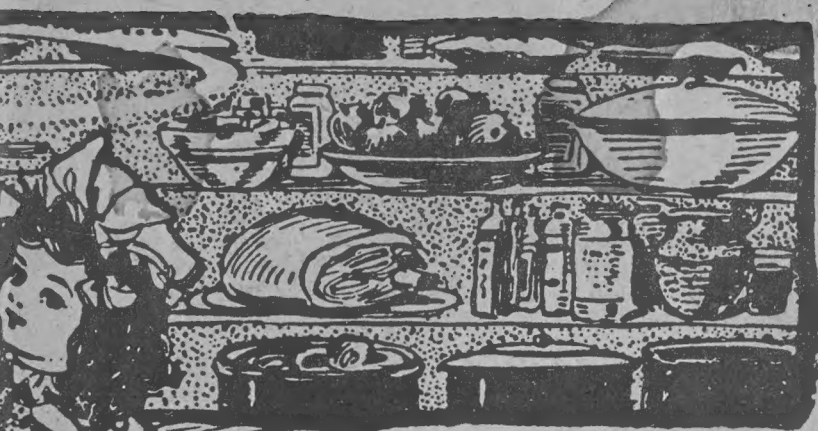
Sift together flour, baking powder, salt and sugar. Beat egg yolks; add milk. Combine with dry ingredients, mixing smooth. Add shortening or salad oil. Beat egg whites stiff; fold in. Bake according to manufacturer's directions for operating waffle iron. Serve hot. Serves four.



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Quality Baking



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"The Flour of Merit"

CHEESE WAFFLES

Follow recipe for Golden Waffles, adding $\frac{1}{2}$ cup grated cheese to batter.

MOLASSES WAFFLES: Follow recipe for Golden Waffles, substituting one-third cup molasses for 2 tablespoons sugar.

POPOVERS

1 cup "Golden Bell" flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{3}{8}$ cup milk

1 teaspoon melted butter (or margarine)
2 eggs

Sift together flour and salt; gradually add milk. Add butter (or margarine). Beat eggs well; add. Beat batter 2 minutes with rotary beater. Fill hot greased popover pans or custard cups two-thirds full. Bake in very hot oven (450F.) 15 minutes; reduce to moderate (350F.); bake 20 minutes. Serve hot. Makes six.

SPICED SUGAR DOUGHNUTS

3 tablespoons shortening
 $1\frac{3}{4}$ cups sugar
2 eggs
 $4\frac{1}{2}$ cups "Golden Bell" flour
4 tablespoons baking powder

1 teaspoon salt
1 teaspoon nutmeg
1 cup milk
2 tablespoons cinnamon

Cream together shortening and 1 cup sugar. Beat eggs; add. Sift together flour, baking powder, salt and nutmeg. Add alternately with milk to creamed mixture. Roll out $\frac{1}{2}$ inch thick on lightly floured board. Cut with doughnut cutter. Fry in deep fat or salad oil heated to 375F. 3 minutes or until brown, turning once. Drain on absorbent paper. Mix remaining sugar and cinnamon. Shake warm doughnuts with cinnamon mixture in paper bag. Makes 24.

FRENCH TOAST

One egg, two-thirds cup milk, few grains salt, 4 bread slices, butter.

Beat eggs; add milk and salt. Dip bread slices in egg mixture. Brown in butter, turning once. Serve hot. If desired, serve with maple syrup, honey or jam. Serves four.

A good scare is worth more to a man than good advice.

The greatest thing in the world is for a man to be able to do something well, and say nothing about it.

Kindness pays dividends when common stocks don't.

It's better to make new mistakes than to repeat the old ones over and over again.

In actual life every great enterprise begins with and takes its first forward step in faith.—Schegel.



WHEAT GRANULES

USE IT DAILY

Made by

**The
Morris Milling Co. Ltd.**

BOX 45 - MORRIS, MAN.

WHEAT GRANULES is a cereal made from the choicest part of the wheat kernel. It is rich in carbohydrates (energy units); is easily digested; has a delicious flavor, and is easy to prepare.

WHEAT GRANULES is specially recommended as the first solid food to be given to infants, because of its digestibility, its richness in energy substance and its worth of proteins for growth.

DIRECTIONS:

Into 4 cups of boiling water, salted to taste, add two-third cup of WHEAT GRANULES, stirring slowly. Cook 20 minutes over direct heat (stirring continuously), or if you wish, cook for 45 minutes in a double boiler. Serve with sugar and cream. The rich flavor of WHEAT GRANULES is improved by serving warm rather than hot. A few raisins or dates added at the time of cooking make a special treat for the children.

For babies, WHEAT GRANULES should be cooked for at least one hour in a double boiler. Two tablespoonfuls in a cup of boiling water will be found to be sufficient for one day's feeding.

THE STORAGE OF FLOUR

In the storing of flour it is recommended that excessive heat and dampness be avoided and that no direct sunlight be allowed to reach the flour.

An ideal storage house is directed as one that is well ventilated, cool, free from dampness, light and airy, but without direct sunlight.

Health Menus

COTTAGE CHEESE SANDWICHES

One cup cottage cheese, 2 tablespoons ~~salt~~, ^{cream} ½ teaspoon vegetable salt, ½ cup oranges, cut up fine. Mash the cheese. Add cream, salt and oranges and spread on white bread.

BAKED APPLE OR PEARS

Core apples, salt lightly. Fill centers with ground nuts and press the nuts well down in the centers. Set in pan with little water and bake slowly at 350F. until apples are tender.

DATE-CRUMB PUDDING

Cut figs and dates into small pieces, 1 cup each. Add 1 cup seedless raisins and steam in 1 cup water for 5 minutes. Mix 2 cups of any whole grain ready-to-eat cereal with 1 pint milk and add to steamed fruit. Then add 2 eggs and salt; mix thoroughly and bake in moderate oven for 45 minutes. Serve with whipping cream. Delicious.

LENTIL SOUP

Half pound lentils, 1 large onion cut into small pieces, cup chopped parsley, 2 cups finely grated carrots, celery leaves and stalks, 1 cup tomato soup. Wash lentils and soak overnight. In morning add carrots, onion, celery leaves (to measure 3 cups) and parsley. Cook slowly 1 hour; add tomato soup and ½ teaspoonful salt. Finish cooking slowly for 1 hour or longer.

SCRAMBLED EGGS WITH ASPARAGUS

Cut cooked asparagus into small pieces. To each cup of asparagus add 3 egg yolks mixed with 4 tablespoons of cream. Heat over slow fire until eggs are set.

CHICKEN RICE SOUP

Cut up a little chicken (white meat), a little celery and onions, and boil this until it is half done, then add ½ cup steamed rice and 2 tablespoons of Chinese sauce, salt and pepper, and continue cooking until the chicken is very tender.

ONION SOUP

Chop 4 good sized white onions. Cook very slowly in a little water until soft; add 1 quart of milk; heat but do not boil; add 1 tablespoonful of toasted whole wheat bread crumbs, 1 tablespoonful brown sugar. When served add piece of butter.

TO OUR EASTERN CUSTOMERS

GOLDEN DAWN FLOUR

Milled by

The Gardenton Milling Co. Ltd.

is the same quality as Golden Bell Flour
and is recommended as an all-purpose flour.

LET us serve you at Gardenton with Flours and Feeds of all kinds.

We intend to publish new recipes at regular intervals and if you have a choice recipe you would like to pass on to others, please write The Morris Milling Co. Ltd., at Morris, and we will publish it.

SWISS DAINTIES

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ cup brown sugar	$\frac{1}{4}$ teaspoon salt
Yolk of 1 egg	1 cup "Golden Bell" flour

Mix well, then roll in little ball size of walnut, then dip in the beaten egg white, then roll in crushed walnuts; press centre down and bake.

SPONGE CAKE

Put yolks of 4 eggs in water and add sugar slowly; beat this until mixed well; then sieve flour 3 times with baking powder and salt, and mix milk to first mixture. Bake for about 50 to 60 minutes.

4 eggs	1 cup "Golden Bell" flour
1 cup sugar	1 teaspoon baking powder
5 tablespoons cold water	Little salt and vanilla

CRUMB CAKE

2 cups "Golden Bell" flour	1 cup raisins
1 cup white sugar	1 teaspoon soda
$\frac{3}{4}$ cup butter	1 teaspoon cinnamon
1 cup sour milk	1 egg

Rub flour, sugar and butter into crumbs and remove 1 cup of crumbs. Mix remainder of ingredients and pour into greased pan. Sprinkle remainder of the crumbs on top of cake, then put in a moderate oven and bake.



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